

BEMEHU HERBAL INFUSION....is a KEBS certified food product with nutritional and medicinal values as per literature shared below from various sources.

One may call it a potent food adjunct that is safe since there are no additions or preservatives added.

As a matter of fact these ingredients have been used for centuries world over and mainly middle and far east . Later they were imported to African coastal regions and formed a major commodity of trade between nations.

Bemehu Herbal Infusion brings together seven spices that together form a real nutritional bomb to anyone seeking a vigorous life style !

PREPARATION

THIS has been captured in the website www.bemehu.com and one is encouraged to visit it and read.

Welcome to the world of natural supa food supplements that can improve your overall

health as well as invigorate and detoxify your body.

Get yourself a tin of the product and you are ready to go !

It is so versatile that it can be blended into any juice, taken alone as a drink , cooked or boiled with meat giving great nutritious soup.

You may mix with tea, coffee or taken alone.

To taste one adds honey. Some take it without any additive to give you the natural taste !

You can cook any food with the product from rice, eggs ,porridge, cake bread...anything !

Please read below the active ingredients of every spices making up bemehu herbal Infusion.

One however would be advised that the effects are long term and not short term

You therefore need to be patient and use the product as long as possible...

Welcome , Karibu , Wilkomen!

Ginger contains antioxidants and anti-inflammatory properties. The combination of these properties has many benefits. These ginger health benefits and side effects **improve coughs, lower fevers, fight off infections, relieve headaches, and ease other symptoms associated with common colds and the flu.**

Ginger is high in gingerol, a substance with potent anti-inflammatory and antioxidant properties

According to studies in animals and humans, ginger may help improve weight-related measurements. These include body weight and the waist-hip ratio

What are the uses of ginger tea?

SUMMARY

Ginger appears to speed up the emptying of the stomach, which can benefit people with

indigestion and related stomach discomfort.

7. May reduce menstrual pain

Ginger may help relieve dysmenorrhea, also known as menstrual pain.

Some research has suggested that ginger is more effective than acetaminophen/caffeine/ibuprofen (Novafen) in relieving menstrual pain.

However, more studies are needed.

How can ginger and other natural remedies help with menstrual pain?

SUMMARY

Ginger may be as effective as some medications against menstrual pain.

8. May help lower cholesterol levels

High levels of LDL (bad) cholesterol are linked to an increased risk of heart disease.

In a 2022 review of 26 trials, researchers found that ginger consumption significantly reduced triglycerides and LDL cholesterol, while increasing HDL cholesterol. Even doses less than 1,500 mg per day were effective.

However, it may be hard to include such high doses of ginger in your diet, particularly if you don't like the taste of ginger.

What is ginger water, and is it useful?

SUMMARY

There's some evidence that ginger can significantly lower LDL (bad) cholesterol.

9. May help reduce cancer risk

Ginger may have anticancer properties due to gingerol and various other antioxidant and anti-inflammatory compounds.

There is some evidence^{Trusted Source} that these compounds may help reduce the risk of gastrointestinal cancers, such as^{Trusted Source} colorectal, pancreatic, and liver cancer.

In one study^{Trusted Source}, 20 people with a high risk of colorectal cancer took 2 g of ginger daily for 28 days. At the end of the study, the lining of the participant's intestines showed fewer cancer-like changes than expected.

However, most studies relating to ginger and cancer risk have not involved humans.

Learn about ginger and other anticancer supplements.

SUMMARY

Ginger contains gingerol, which appears to have protective effects against cancer. However, more studies are needed.

10. May improve brain function and protect against Alzheimer's disease

Some research [Trusted Source](#) suggests that 6-shogaol and 6-gingerol — compounds in ginger — may help prevent degenerative diseases such as Alzheimer's, Parkinson's disease, and multiple sclerosis.

Oxidative stress and chronic inflammation may be key drivers of Alzheimer's disease and age-related cognitive decline.

Some animal studies [Trusted Source](#) suggest the antioxidants and bioactive compounds in ginger can inhibit inflammatory responses that occur in the brain. This may help prevent cognitive decline.

SUMMARY

Animal studies suggest that ginger can protect against age-related damage to the brain.

11. Can help fight infections

Ginger's antimicrobial properties could make it useful for fighting bacterial and fungal infections.

Laboratory studies have found it may be effective against:

- *Staphylococcus aureus* (*S. aureus*), which is responsible for a range of diseases
- *Escherichia coli* (*E. coli*), a cause of intestinal infections
- *Candida albicans* (*C. albicans*), which causes fungal infections in the mouth, vagina, and so on

However, more studies are needed.

How can ginger help with a sore throat?

SUMMARY

Ginger may help fight harmful bacteria and fungi,

What's in Ginger Exactly? A Closer Look at Its Nutrition Facts

There are lots of different vitamins and minerals in ginger. (4)

1 tablespoon of fresh ginger has:

- 5 calories
- 1 gram (g) of carbohydrate

- 0.1 g of dietary fiber
- 0.1 g of protein
- 0 g fat
- 0.1 g of sugar

Vitamins and minerals present in fresh ginger in trace amounts:

- Vitamin B3 and B6
- Iron
- Potassium
- Vitamin C
- Magnesium
- Phosphorus
- Zinc

- Folate
- Riboflavin
- Niacin

2: CINNAMON

- Health Benefits of Cinnamon.
- 1: Acts as anti-bacterial, anti-viral and anti-fungal.
- 2: Loaded with antioxidants.
- 3: Reduces inflammation.
- 4: Manage type 2 diabetes.
- 5: Reduce the cholesterol levels.

- 6: Reduces blood pressure.
- 7: Protective against cancer

It also contains traces of vitamins B and K and the antioxidants choline, beta-carotene, alpha-carotene, beta-cryptoxanthin, lycopene, lutein, ...

Health Benefits

As one of the oldest spices in the world, cinnamon has long been used for its healing properties as a staple in many forms of holistic and traditional medicine. Here are some of the top benefits of this spice.

1. High in Antioxidants

Cinnamon is packed with a variety of protective antioxidants that reduce free radical damage and slow the aging process. In fact, researchers have identified at least 41 different protective compounds found within the spice to date.

According to the ORAC scale, which is used to measure the concentration of antioxidants in different foods, cinnamon ranks No. 7 of all foods, herbs and spices. It has been shown to have greater antioxidant power than commonly consumed herbs like thyme, garlic and rosemary.

Cinnamon health benefits are attributed to its content of a few specific types of antioxidants, including polyphenols, phenolic acid and flavonoids. These compounds work to fight oxidative stress in the body and have been found to aid in the prevention of chronic disease.

The different antioxidants present in the spice help neutralize harmful free radicals in the body and prevent oxidative stress. It also helps limit

nitric oxide buildup in the blood and prevents fat peroxidation, both of which can increase the risk of brain disorders, cancer, heart disease and other chronic conditions.

2. Relieves Inflammation

The antioxidants in cinnamon can help relieve inflammation, which may help lower the risk of heart disease, cancer, cognitive decline and more. Researchers have identified many different types of flavonoids in the spice, all of which are highly effective at fighting dangerous inflammation levels throughout the body.

Because this powerful spice lowers swelling and prevents inflammation, it can also be beneficial in pain management. In fact, studies show that it helps reduce muscle soreness, decrease menstrual pain, lessen the severity of allergic reactions and relieve other age-related symptoms of pain as well.

3. Protects Heart Health

Studies show that one of the top cinnamon health benefits is its ability to improve heart health. In fact, it has been shown to reduce several of the most common risk factors for heart disease, including high cholesterol levels, high triglyceride levels and high blood pressure to keep your heart healthy and strong.

It has also been found to reduce high blood pressure, which is another risk factor for heart disease or a stroke.

Research shows that it is a helpful blood coagulant and can stop excess bleeding by helping the body to form blood clots. Cinnamon also increases circulation and improves tissue repair, which may be especially helpful for regenerating heart tissue in order to help fight heart attacks, heart disease and stroke.

4. Stabilizes Blood Sugar

Cinnamon is well-known for its anti-diabetic effects, which is why it's considered one of the best foods for diabetics. Research indicates that it can lower blood sugar levels and improve sensitivity to the hormone insulin, which helps transport sugar from the bloodstream to the tissues to keep blood sugar levels balanced.

Studies suggest that cinnamon for diabetes can help block the activity of several digestive enzymes to slow the absorption of sugar in the bloodstream after a high-carb meal. For this reason, researchers believe that people with type 2 diabetes may experience significant positive effects on blood sugar markers by supplementing with cinnamon extract.

5. Preserves Brain Function

Because it is rich in antioxidants, research shows that this spice may boost brain function

and can help defend against the development of neurological disorders, such as Parkinson's and Alzheimer's disease.

Although human studies are lacking, in vitro studies show that cinnamon helps block the buildup of a specific protein in the brain to reduce the risk of Alzheimer's disease. It's also been shown to protect neurons against oxidative stress to reduce the risk of inflammation and cell damage in animal models, which can help preserve brain function and prevent cognitive decline.

6. May Help Lower Cancer Risk

Because of its antioxidant abilities, cinnamon may protect against DNA damage, cell mutation and cancerous tumor growth. Studies have revealed that the health benefits of cinnamon come from a compound called cinnamaldehyde, which can inhibit tumor growth and protect DNA against damage while also

killing off cancer cells.

This is especially true in the colon. Studies show that it can improve the health of the colon, which could reduce the risk of colon cancer.

Cinnamon is now being investigated as a natural cancer-fighting food because of its strong antioxidant abilities and may be a useful supplement for those at a higher risk of cancer.

7. Fights Infections and Viruses

There are many potential benefits of cinnamon when it comes to defending the body from illness. It contains natural antimicrobial, antibiotic, antifungal and antiviral properties, and its essential oils contain powerful immune-boosting compounds as well.

For this reason, it is used in many cultures to naturally help fight harmful infections and viruses. Cinnamon oil, in particular, can

also protect against bacterial infections, which can cause conditions like the common cold, strep throat and pneumonia.

8. Optimizes Oral Hygiene

Research shows that cinnamon benefits oral hygiene and could protect against certain strains of bacteria that cause bad breath, tooth decay, cavities and mouth infections. The essential oils from cinnamon possess potent antibacterial properties and can be used to naturally combat bacteria in the mouth, acting as a natural mouthwash.

Similar to peppermint, one of the health benefits of cinnamon is that it can also be used as a natural flavoring agent in chewing gums due to its refreshing taste. Because it removes oral bacteria, the spice has the ability to fight bad breath without adding any chemicals to the body.

Because of this, it has also been traditionally

used as tooth powder and a natural remedy for toothaches, dental problems and mouth sores.

9. Prevents Candida

Research suggests that the powerful antifungal properties in cinnamon could be effective in treating and preventing candida overgrowth in the digestive tract. It has been shown to lower amounts of dangerous candida albicans, which is the yeast that causes candida overgrowth and can cause a host of digestive and autoimmune issues.

Another studied health benefit of cinnamon is that it helps control blood sugar levels. A diet high in refined carbs can increase the amount of sugar in the digestive tract and may be associated with an increased risk of candida.

10. Benefits Skin Health

The potential cinnamon benefits for skin are

rooted in its antibiotic and antimicrobial properties, which can help protect skin from irritation, rashes, allergic reactions and infection. One study indicates that applying cinnamon essential oil directly to the skin can be helpful in reducing inflammation, swelling, pain and redness.

One of the benefits of cinnamon and honey, another antimicrobial ingredient, is that using both together can boost skin health even more and may be beneficial for acne, rosacea and skin allergies. You can use add either raw honey or Manuka honey for additional skin relief.

11. Reduces Allergy Symptoms

Those with allergies may find relief thanks to the multitude of beneficial compounds packed into this spice. In fact, it may help combat common allergy symptoms because it's been shown to reduce inflammation and fight histamine reactions in many animal models.

12. Sweetens Up Recipes Without Sugar

Because of its naturally sweet taste, adding cinnamon to foods and recipes can help you cut down on the amount of sugar you normally use, effectively lowering the glycemic load of your meal. It already has anti-diabetic effects that slow sugar absorption and may help curb cravings by stabilizing blood sugar, but using the spice for its naturally sweet taste is yet another added benefit that can boost blood sugar control. It's a great sweetener for people with insulin sensitivity.

It contains no added sugar and minimal calories yet is high in many nutrients, making it an extremely healthy addition to many meals.

Try using cinnamon in coffee, tea, baked goods, yogurt, on fruit or in oatmeal instead of adding extra sugar. This can help you reduce your sugar intake and cut down on extra calories to aid in

weight loss and fight candida, diabetes and low energy.

13. Acts as a Natural Preservative

One of the lesser-known cinnamon powder benefits is that it can be used to preserve food. Because it has antibacterial abilities and acts as an antioxidant, research highlights that it can be used as a preservative in many foods without the need for chemicals or artificial ingredients.

A recent study reported that when pectin from fruit was coated with cinnamon leaf extract, it yielded high antioxidant and antibacterial activities and stayed fresh for longer. It also possesses anti-tyrosinase activities, which can be useful in stopping the discoloration of fruits and vegetables as they oxidize and begin to rot.

One tablespoon (about eight grams) of ground cinnamon contains approximately:

- 19 calories
- 6.2 grams carbohydrates
- 0.3 grams protein
- 0.2 grams fat
- 4.1 grams dietary fiber
- 1.4 milligrams manganese (68 percent DV)
- 77.7 milligrams calcium (8 percent DV)
- 0.6 milligrams iron (4 percent DV)
- 2.4 micrograms vitamin K (3 percent DV)

Cinnamon also contains a small amount of vitamin E, niacin, vitamin B6, magnesium, potassium, zinc and copper

3: PUMPKIN

Pumpkin seeds are a suitable source of healthy fats, magnesium, and other nutrients that **enhance heart and bone health**. They are also rich in polyunsaturated fatty acids and antioxidants such as selenium and beta carotene. Additionally, they are a high source of iron.

Pumpkin seeds are rich in vitamins and minerals like manganese and vitamin K, both of which are important in helping wounds heal.

A 30g serving contains approximately:

- 170 kcal / 704KJ

- 7.3g Protein
- 13.7g Fat
- 2.1g Fibre
- 81mg Magnesium
- 246mg Potassium
- 1.98mg Zinc
- 3.0mg Iron

Top 5 health benefits of pumpkin seeds

1. May support blood sugar balance

A study investigating the benefits of pumpkin seeds combined with linseed found they may be helpful in preventing diabetic complications, such as high cholesterol and blood sugar levels. The hypoglycaemic properties of these seeds may help those with diabetes to better manage blood sugar levels.

2. Heart healthy

Pumpkin seeds are a good source of unsaturated fats, including alpha-linolenic acid (ALA). There has been good evidence that eating pumpkin seeds as part of a balanced diet, because of their ALA content, may well be beneficial for the heart and the prevention of cardiovascular disease.

A 2011 study also found that pumpkin seed oil helped improve cholesterol levels in postmenopausal women. Furthermore, being a useful source of magnesium, pumpkin seeds may help regulate blood pressure, but more research is needed on the role magnesium plays in this area.

Learn more about what to eat for a healthy heart.

3. Are antioxidant-rich

Pumpkin seeds are a good source of antioxidants, which may help scavenge the 'free radicals' responsible for cell damage. One interesting study found pumpkin seeds were associated with a significantly reduced breast cancer risk in postmenopausal women compared to no consumption, and a second study showed they may help protect pre-menopausal women, too.

4. May reduce cancer risk

While there are no single 'superfoods' that can prevent cancer, and certain risk factors for cancer are unrelated to diet, there is evidence that eating a healthy diet may reduce the risk of cancer. Diets rich in pumpkin seeds have been associated with a reduced risk of certain cancers including that of the breast, prostate and colon.

5. May benefit bladder health

Studies have found that the oil from pumpkin seeds, may have the potential to prevent or treat urinary disorders, however further research is still required to confirm these findings.

Are pumpkin seeds safe for everyone?

Pumpkin seeds are generally recognised as safe for most people, with allergy being rare.

However, if you are concerned about seed allergies, always check with your GP before introducing them to your diet.

The active ingredient in turmeric is a natural compound (polyphenol) called *curcumin*, which has both antioxidant and anti-inflammatory ...

Some 34 essential oils are present in *turmeric*, among which turmerone, germacrone, atlantone, and zingiberene are major constituents.

- Inflammation.
- Degenerative eye conditions.
- Metabolic syndrome.
- Arthritis.

- Hyperlipidemia (cholesterol in the blood)
- Anxiety.
- Muscle soreness after exercise.
- Kidney health.

7 Health Benefits of Turmeric

The yellow-colored spice does more than add flavor to your meals

Not familiar with turmeric? While you might not

have a jar of the spice in your cupboard, it's likely you are already acquainted. It's what gives mustard and curry their vibrant coloring.

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While a great addition to foods needing that golden hue, turmeric also has anti-inflammatory properties that benefit your health.

Registered dietitian Nicole Hopsecger, RD, discusses turmeric's many benefits and shares advice on how to incorporate turmeric into your daily life.

What is turmeric?

Turmeric is a spice that comes from the root of the *curcuma longa* plant, which is a perennial in the ginger family. Its major active ingredient is

curcumin. “Curcumin gives turmeric that yellowish color,” Hopsecger says. “But beware: It stains easily. Try not to get it on your clothing!”

Turmeric’s treasure lies in curcumin’s benefits. Curcumin has antioxidants and anti-inflammatory properties. Researchers are investigating whether it may help diseases in which inflammation plays a role — from arthritis to ulcerative colitis.

Turmeric health benefits

Lessens inflammation

For chronic conditions where inflammation starts to affect tissues in your body, taking turmeric may be beneficial.

In one study of patients with ulcerative colitis, those who took 2 grams of curcumin a day along

with prescription medication were more likely to stay in remission than those who took the medicine alone.

“It won’t necessarily help during an active flare-up, but it may help prolong remission,” Hopsecger explains.

Improves memory

Another clinical trial showed that 90 milligrams of curcumin taken twice a day for 18 months helped improve memory performance in adults without dementia.

“Researchers thought that the reduction in brain inflammation and curcumin’s antioxidant properties led to less decline in neurocognition, which is the ability to think and reason,” Hopsecger says. “Curcumin may also have a role in preventing the development of Alzheimer’s disease — however, that’s an area where we need more research.”

Lessens pain

Turmeric has also deep roots in both Chinese traditional medicine and Ayurveda for treating arthritis. Research suggests that taking turmeric extract could potentially reduce pain from osteoarthritis, though further study is still needed.

“But I wouldn’t rely on a curcumin supplement alone,” Hopsecger notes. “Medical management should come first.”

Fights free radicals

Turmeric has antioxidant properties and one study shows that it may protect your body from free radicals by neutralizing them.

Another study suggests that turmeric’s antioxidant effects may also stimulate the action of other antioxidants.

Lowers risk of heart disease

With its ability to help reduce inflammation and oxidation, turmeric could lower the risk of heart disease.

Studies show that turmeric may help reverse the heart disease process. In healthy middle-aged and older adults who took curcumin supplements for 12 weeks, resistance artery endothelial production — which plays a significant role in high blood pressure — was increased.

Another study followed 121 people who had coronary artery bypass surgery. A few days before and after the surgery, the that took 4 grams of curcumin a day saw a 65% decreased risk of having a heart attack in the hospital.

Turmeric also may be helpful when used along with medication for managing cholesterol levels. Research shows that curcumin is safe

and may protect those at risk for heart disease by lowering certain levels of cholesterol, though more study is needed to look at how much and what type is effective.

Helps fight depression

If you have depression, the protein known as brain-derived neurotrophic factor (BDNF) is reduced and your hippocampus, which helps with learning and memory, starts to shrink. A study shows that curcumin can boost BDNF levels and may reverse changes.

Another study shows that curcumin was just as effective as fluoxetine (Prozac) in lessening symptoms of depression. Curcumin may also increase levels of serotonin and dopamine — which are chemicals in your brain that regulate mood and other body functions

Helps prevent cancer

Curcumin may affect cancer growth and development according to a few studies.

One study, which focused on colorectal cancer, saw a 40% reduction of the number of lesions in the colon in men.

5 : BLACK PEPPER

Black pepper (*Piper nigrum*) is a flowering vine in the family Piperaceae, cultivated for its fruit (the peppercorn), which is usually dried

The main volatile flavour compounds in black pepper are terpenes, and black pepper oils

contain nitrogen-containing compounds [4, 14]. Key odorants of black pepper are α - and β -pinene, myrcene, α -phellandrene, limonene, linalool, methyl propanal, 2- and 3-methylbutanal, butyric acid and 3-methylbutyric acid.⁹

Black pepper was a cherished commodity in ancient Greece and ancient Rome, and it reached even greater popularity during the Middle Ages and Renaissance.

Today, about 39 percent of all black pepper production comes from Vietnam. Indonesia produces about 15 percent, and India and Brazil each produce about 10 percent.

This pungent spice contains a variety of active compounds, specifically oleoresins and alkaloids like piperine and chavicine. It also has antioxidants, flavonoids, essential oil, and other phenolic compounds that help protect your cells and boost digestive health.

Black pepper is also a source of the following vitamins and minerals:

- Vitamin K
- Vitamin E
- Vitamin A
- Thiamine (B1)
- Riboflavin (B2)
- Pantothenic Acid (B5)
- Vitamin B6
- Manganese
- Copper
- Iron

- Calcium
- Phosphorus
- Potassium
- Selenium
- Zinc
- Chromium

6 : GARLIC

1. *Garlic* contains compounds with potent

medicinal properties ... *Garlic* is a plant in the Allium (onion) family. It's closely related to onions, shallots, and ...

Why Is Garlic Healthy For You?

Though it was not widely known, experts now understand that sulfur compounds in garlic are the primary cause of its beneficial effects on health.

By slicing, chopping, or crushing garlic bulbs, the thio-Sulfinite chemicals in them are converted into allicin. Allicin is a fantastic substance.

1. Garlic Helps Boost Your Body's Immune System

Your body's immunity is what keeps it from getting sick in the first place, and it also aids in the fight against illness when the situation calls for it. Garlic offers an immune system boost to

help prevent colds and the flu virus.

Children get six to eight colds each year, while adults get two to four. Eating raw garlic can protect against cough, fever, and cold illnesses.

Eating two chopped garlic cloves every day is the best way to benefit. In some households around the world, families hang garlic cloves on a string around their childrens' necks to help them with congestion.

2. Garlic Helps Reduce High Blood Pressure

Strokes and heart attacks are two of the most significant health concerns worldwide. High blood pressure is a considerable risk factor for heart disease. It's thought to cause about 70% of strokes, heart attacks, and chronic heart failure. High blood pressure is the cause of 13.5 percent of deaths worldwide.

Because they are among the significant causes of death, addressing one of their primary causes, high blood pressure, is extremely important.

Garlic is a fantastic spice to include in your diet for those suffering from high blood pressure or hypertension. However, even if you are not a lover of garlic, taking garlic supplements will still give you the health benefits such as lowering high blood pressure, treating fever, and many more.

Keep in mind that you must make sure that the amount of these supplements you take is the same as four cloves of garlic each day. Be sure to talk to your doctor before you start taking any supplements.

3. Garlic Helps Reduce Cholesterol Levels

Cholesterol is a fatty component in the blood.

There are two kinds of cholesterol: “bad” LDL cholesterol and “good” HDL cholesterol. Far too much LDL cholesterol and not enough HDL cholesterol can cause serious health issues.

Garlic has been shown to lower total cholesterol and LDL levels by 10 to 15 percent.

Furthermore, eating garlic does not influence your HDL or good cholesterol levels. If you have a family history of heart disease or suffer from heart disease, you should consider adding garlic to your diet.

4. Garlic Can Help With Prevention of Cancer

Garlic’s health benefits do not end with the heart. So here is another reason why your body can benefit from an extra dose of this onion family member.

According to research, consuming fresh garlic

can help lessen the risk of colon cancer. According to the Iowa Women's Health Study, women who ate garlic regularly with other vegetables and fruits had a 35% lower chance of getting colon cancer. However, researchers agree that more studies are still needed in this area.

5. Garlic Has Antibiotic Properties

Garlic contains allicin. Allicin is a bioactive antibiotic that can help fight infections and bacteria in sliced, squashed, or diced cloves. Garlic extracts have been shown to suppress the growth of:

- fungi elements
- Protozoa elements
- viral infections
- numerous bacteria, for example, Salmonella

Allicin is believed to be a viable antibiotic replacement. It also assists when used in conjunction with conventional prescribed antibiotics.

6. Garlic May Prevent Alzheimer's and Dementia

Garlic has high antioxidants, which help prevent any oxidative damage from occurring in your body. These antioxidant properties can help prevent certain cognitive diseases like dementia and Alzheimer's. However, take this one with a pinch of garlic. Taking high doses of garlic supplements, however, does not mean that you will be immune to the disease. The medicinal properties of garlic can only improve health to a certain point.

7. Garlic Can Improve Athletic Performance

This ingredient is one of the earliest performance enhancers available. Garlic was used in the olden days to alleviate weariness and boost laborers' working hours and endurance. It was also fed to Greek Olympic athletes to boost their athletic performance.

As discussed above, garlic can help:

- Cholesterol levels
- Lower blood pressure
- Boosts immunity
- Reduces the length of illness

A healthy heart and body are key to keeping you fit. Ultimately, eating garlic plays an excellent role in minimizing, even if subtly, how soon you get weary when physically exerting yourself.

8. Garlic Helps Detox Your Body

Detoxification is the process of getting rid of things that don't belong in the body. It is an important part of good health and long life.

We are exposed to a wide range of chemicals and compounds daily while living in the world today. Many of these compounds are not healthy and may even be detrimental to the body. The environment, water.

Garlic is a powerful detox food that promotes glutathione production by various liver enzymes. It also provides other important detoxifying components, including multiple bioactive selenium and sulfur compounds.

7 : MORINGA

Moringa oleifera is a tree with antioxidant and anti-inflammatory properties. Its health benefits may range from speeding up wound healing to managing blood glucose.

Also known as the drumstick tree, the miracle tree, the ben oil tree, or the horseradish tree, people have used moringa for centuries due to its health benefits.

Moringa contains many essential compounds, such as:

- vitamin A
- vitamin B1 (thiamine)
- vitamin B2 (riboflavin)
- vitamin B3 (niacin)

- vitamin C (ascorbic acid)
- calcium
- potassium
- iron
- magnesium
- phosphorus

It is also low in fat and contains no harmful cholesterol

In one study, a group of healthy participants consumed 120 grams of cooked moringa leaves for a week, while another group did not.

Two hours after eating, those who consumed moringa had lower blood pressure than those who did not.

How can you lower blood pressure naturally?

14. Improving eye health

Moringa contains [Trusted Source](#) the antioxidant beta carotene, which is essential [Trusted Source](#) for maintaining eye health and preventing eye diseases.

15. Treating anemia and sickle cell disease

People in some parts of the world have traditionally used moringa to treat and prevent anemia.

Results from laboratory tests have suggested that taking moringa as food or medication could also help manage sickle cell disease.

Can it aid weight loss?

Moringa extract may help manage various factors related to obesity, research suggests.

Possible benefits for people with obesity include Trusted Source:

- preventing inflammation
- managing lipids
- lowering cholesterol levels
- protecting the liver

